

Couch to Longmont Triathlon & Try-a-Tri

Be a part of a supportive group environment that motivates you to reach your goals of being healthy, fit and successfully finish your sprint or shorter distance triathlon. Bring your swim, bike and run gear to practice.

18 & up:	Mar 7- Mar 30, 5:45-6:30pm	
	Mon (run) & Wed (swim)	223632.1
Fee:	\$50 resident/\$62.50 non-resident	
18 & up:	Apr 11-Jun 1, 5:45-6:30pm	
	Mon (run/bike) & Wed (swim)	223632.2
Fee:	\$100 resident/ \$125 non-resident	
Mon Location:	Lake McIntosh parking lot, 1929 Harvard St;	
Wed Location:	Centennial Pool, 1201 Alpine St	

Youth Triathlon Training

Learn the basics of triathlons including swimming, cycling, running, and transitions. This program encourages kids of all levels to set goals and achieve them, and emphasizes fitness and camaraderie in sport. *No class Apr 5, 7, or 9. \$15 Drop-in available with coach approval: contact swimcoachgeoff@gmail.com.

10-18 yrs:	Tue & Thurs, 4-5pm; Sat 10:30-12pm	
	Jan 5-30	126412.1
	Feb 2-27	126412.2
	Mar 1-26	226412.3
	Mar 29- Apr 30*	226412.4
	May 3-28	226412.5
Instructor:	Geoff Hawksworth	
T/Th Location:	Longmont Recreation Center, 310 Quail Rd	
Sat Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$125 resident/ \$156.25 non-resident	

Athletics



YAB 3rd-8th Grade Basketball: *It's not too late!*

Youth basketball teams have formed but there may still be room! Call René at 303-651-8398 for more information

Free! Denver Nuggets Skill Challenge

Young basketball fans can exhibit their basketball skills when the City of Longmont hosts a free Denver Nuggets Basketball Skills Challenge competition for ages 7 through 14. Boys and girls will compete in separate divisions. Age classification is as of April 30, 2016. The Skills Challenge allows young boys and girls to showcase their talents in dribbling, passing and shooting. It is a youth program co-sponsored by the Colorado Parks and Recreation Association, Denver Nuggets and Arby's. Top scorers in each age group will advance to a sectional competition. Top scorers at the sectional competition advance to the State Championship competition and get tickets to a Denver Nuggets game. Entry forms are available 1 hour prior to the competition.

7 to 14 yrs:	January 2, Saturday, 1pm
Location:	Longmont Recreation Center, 310 Quail Road.
Fee:	Free, registration begins at 12pm

YAB Kindergarten Basketball

An organized team participation program with an emphasis on teamwork, sportsmanship, skill development and fun! Teams will not play games. Includes a t-shirt and a basketball

Kindergarten:	Mar 4-Apr 1, 4:15-5pm	212021.4
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$45 resident/\$56.25 non-resident	

YAB 1&2 Grade Basketball

An organized team participation program with an emphasis on teamwork, sportsmanship, skill development and fun! Teams play 2 exhibition games towards the end of the season on weeknights. Each participant will receive a t-shirt and a basketball

Grades 1 & 2:	Feb 29-Mar 31, 4:15-5pm	
	Mon/Wed	212022.MW
	Tue/Thu	212022.TR
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$55 resident/\$68.75 non-resident	





Preschool Sports

These clinics are held indoors and/or outdoors and focus on the basics of the game. The Goal Sport clinic includes soccer, lacrosse and hockey. Please have your child wear tennis shoes. Come in and enjoy a workout while the little one also burns some energy. **No class during spring break, April 5-7.*

3 to 5 years: 10:30-11:15am			
Basketball	Tuesday	Jan 5-26	112120.T
	Wednesday	Feb 3-24	112120.W
	Thursday	Jan 7-28	112120.R
Goal Sports	Tuesday	Feb 2-23	112125.T
	Wednesday	Jan 6-27	112125.W
	Thursday	Feb 4-25	112125.R
T-Ball	Tuesday	Mar 29-Apr 26	212122.T
	Wednesday	Mar 2-23	212122.W
	Thursday	Mar 31-Apr 28	212122.R
Soccer	Tuesday	Mar 1-22	212121.T
	Wednesday	Mar 30-Apr 27	212121.W
	Thursday	Mar 3-24	212121.R
Location: Longmont Recreation Center, 310 Quail Rd			
Fee: \$30 resident/\$37.50 non-resident			

New! Middle School Volleyball Skills & Drills

An hour-packed class of dynamic skills and drills designed to teach and enhance participant's volleyball fundamentals, increase game knowledge and player confidence. All abilities welcome. A great warmup for spring volleyball leagues or to sharpen your skills in the off season.

Date/ Days: March 5-26, Saturday			
Grades:	5th & 6th	10-11am	212298.1K
	7th & 8th	11:15am-12:15pm	212298.2K
Location: Longmont Recreation Center, 310 Quail Rd			
Fee: \$35 resident/ \$43 non-resident			



Youth Fencing Lessons

Dedicated to terminology, footwork, games, simple attacks and blocks, instruction is simple and each class is lively, building on the skills learned in the previous class. Beginners learn the fundamentals, skills and rules of this fast, fun and intense sport. The progressive class is for those who have taken the beginner class. All fencing equipment is provided.

8 to 16 yrs: Thursdays, 6:45- 7:30pm		
Beginner:	Jan 7-Feb 11	112252.B1
	Feb 18-Mar 24	112252.B2
	Apr 14-May 19	212252.B1

8 to 16 yrs: Thursdays, 7:30- 8:15pm		
Progressive:	Jan 7-Feb 11	112252.P1
	Feb 18-Mar 24	112252.P2
	Apr 14-May 19	212252.P1

Instructor: Fencing Academy of Denver
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$90 resident/\$112.50 non-resident

Fast-pitch Softball League

The Fast-pitch softball program is affiliated with the IPGSA league and is an organized team participation program for girls 6-18 years old. The program emphasizes teamwork, sportsmanship, skill development and fun. Teams meet 2-3 times per week for games and/or practices. Away games involve travel to nearby cities. Register according to age as of January 1, 2016. Registration Deadline is March 27. Practice begins April 1 and games begin May 1.

Dates: April 1-July 10		
8 & under	\$65 res/\$81.25 non-res	212210.00
10 & under	\$70 res/\$87.50 non-res	212211.00
12 & under	\$75 res/93.50 non-res	212212.00
14 & under	\$80 res/\$100 non-res	212214.00
18 & under	\$85 res/\$106.25 non-res	212218.00

Youth Volleyball League

An organized team participation program with an emphasis on teamwork, sportsmanship, skill development, and fun. All teams play a 6 game schedule with practices twice a week. Times, dates and location of practice depend upon coach availability. Registration Deadline is March 20.

Dates: Mar 28-May 21		
Grades:	3&4	212423.00
	5&6	212425.00
	7&8	212427.00
Fee: \$65 resident/\$81.25 non-resident		

Volleyball Personal Training

Nicholle Snyder has coached volleyball for seven years including three at the varsity high school level. Her skills and knowledge help girls and boys improve their skills, conditioning and knowledge of the game. Each hour-long session is designed based on individual needs. Dates and time by appointment – call Nicholle at 20838-6152. For non-resident group rates, add 25%

Fee:	\$45 res/\$56.25 non-res per session
	\$155 res/\$193.75 non-res (4 sessions)
	\$330 res/\$412.50 non-res (10 sessions)
	\$530 res/\$662.50 non-res (20 sessions)
Group:	2 players - \$30 per player per session
	3 players - \$25 per player per session
	4 players - \$20 per player per session

Winter & Spring Break Camps

Basketball Ball Handling & Shooting Camp

This basketball camp specifically teaches ball-handling (dribbling) and shooting fundamentals. It is a great way to build self-confidence and ability while learning the fundamentals of basketball. All levels are welcome.

8 to 12 yrs: Dec 28-30, Mon-Wed, 8-11:30am 112291.S
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$95 resident/\$118.75 non-resident

Basketball Dribbling and Shooting Camp

This basketball camp specifically teaches ball-handling (dribbling) and shooting fundamentals. It is a great way to build self-confidence and ability while learning the fundamentals of basketball. All levels are welcome.

8 to 12 yrs: Apr 4-6, Mon-Wed, 8-11:30am 212291.S
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$95 resident/\$118.75 non-resident



Fencing Camp

Come get your Jedi on! Understand the fundamentals of fencing after a full day of practice. Successful completion allows advancement to the progressive fencing classes. All necessary fencing equipment is provided. Wear comfortable clothes and non-marking athletic shoes. Bring a snack, a lunch and a water bottle.

8 to 16 yrs: Dec 29, Tues, 10am-4pm 412297.1
Instructor: Fencing Academy of Denver
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$60 resident/\$75 non-resident

Spring Break Sports Camp

Come join the Recreation Staff for a week of playing outdoors. Play multiple sports which could include floor hockey, basketball, t-ball, softball, soccer, volleyball, flag football, tennis and/or kickball. Come prepared for the weather and ready to play in tennis shoes. Bring sunscreen, a water bottle and a snack. You can sign up for one day or the whole week.

6 to 12 yrs: April 4, Mon, 9am-12pm 212293.M
April 5, Tues, 9am-12pm 212293.T
April 6, Wed, 9am-12pm 212293.W
April 7, Thurs, 9am-12pm 212293.R
April 8, Fri, 9am-12pm 212293.F

Location: Clark Centennial Park, 1100 Lashley St
Fee: \$15 resident/\$18.75 non-resident

Fast-Pitch Softball Camp

A great way to get your daughter started in fast-pitch softball. The camp is targeted to all levels of experience and includes throwing, pitching, hitting, fielding and basic base-running skills. Players are divided by skill and age as much as possible during the clinic.

9 to 12 yrs: April 4-7, Mon-Thurs, 1-3pm 212294.00
Location: Clark Centennial Park, 1100 Lashley St
Fee: \$45 resident/\$56.25 non-resident

Middle School Intramural Soccer

For students attending participating schools, practices start immediately after school 3 times per week. Teams have one game per week, scheduled Mon-Thurs. Practice schedules are school specific and are sent out to participants by the coaches before the season begins. **No practices or games April 4-8. Actual practice times varies.* MS Soccer Coaches & Officials WANTED! Contact Mark, 303-651-8408, if interested.

6th-8th graders: Mar 7-May 6*, 3:30-5pm
Fee: \$55 226100

CARA Lacrosse League

An organized, coed team participation program with an emphasis on skill building, fun and participation. Teams practice twice a week. Seven games are played in Longmont or surrounding communities on Saturdays beginning Mar 19. Mandatory Equipment: stick, gloves, arm pads, shoulder pads, mouth piece, protective cup and NOCSAE approved helmet. Rib pads are recommended. All equipment must conform to NFHS rules. Registration deadline is March 1.

Dates: March 7-April 30
Ages: 6 to 8 years 212664.B6
8 to 10 years 212264.B8
10 to 12 years 212264.B0
12 to 14 years 212264.B2
Location: Sandstone Ranch, 3001 E Hwy 119
Fee: \$65 resident/\$81.25 non-resident

Glow Kickball Specialty Teen Nights

Join the WILDEST GLOW Kickball game in the area. Pump the music and play in the dark with neon glow-ware! All players play with neon glow bracelets and glow necklaces! The bases glow, the cones glow, the ball glows, everything GLOWS! **NOTE: We will be playing in the dark so these will be NON-COMPETITIVE games. Wear a white T-shirt.*

13 to 18 yrs: Saturday, 7-9pm 212821
Dates: Feb 27, Mar 12, Apr 30, May 14
Location: St Vrain Memorial Building, 700 Long Peak Ave
Fee: \$5 resident/ \$6.25 non-resident

Youth Archery

Archery is an Olympic sport that teaches discipline and concentration. Class is taught by a Level 2 Archery Instructor. All equipment is provided.
Location: St Vrain Archery Club, S of Hwy 119 on WCR 5

Beginner Archery

Learn shooting skills, safety, scoring, types of equipment and terminology.

10 to 17 yrs: Apr 19-May 10, Tue, 4:45-5:45pm 212242.B1
Fee: \$40 resident/\$50 non-resident

Intermediate Archery

Learn multiple aiming techniques, how to avoid bad habits and the fundamentals of tournament archery. Instructor's approval required to enroll.

10 to 17 yrs: Apr 19-May 10, Tue, 6-7:30pm 212242.I1
Fee: \$60 resident/\$75 non-resident

Spring Youth Tennis Lessons

NEW!! Check out the Quail Campus Tennis Courts! All tennis lessons are for beginner to advanced beginners. Lessons for 4-10 year olds use the QuickStart Tennis format. Participants must supply their own racket – tennis balls are provided. Wear tennis shoes and bring water and sunscreen.

Dates:	April 19-May 5, Tues/Thurs	
	4 to 6 years, 4-4:30pm	212600.T1
	7 to 10 years, 4:30-5:30pm	212601.T1
	11 to 12 years, 5:30-6:30pm	212602.T1
	13 to 17 years, 6:30-7:30pm	212603.T1

Dates:	May 10-26, Tues/Thurs	
	4 to 6 years, 4-4:30pm	212600.T2
	7 to 10 years 4:30-5:30pm	212601.T2
	11 to 12 years, 5:30-6:30pm	212602.T2
	13 to 17 years, 6:30-7:30pm	212603.T2

Location:	Quail Campus Tennis Courts, 310 Quail Rd
Fee:	Ages 4 to 6 - \$25 resident/\$31.25 non-resident
	Ages 7 to 17 - \$50 resident/\$62.50 non-resident

Adult Athletics

Spring Adult Tennis Lessons

NEW!! Check out the Quail Campus Tennis Courts. Lessons are for all levels of players. Please wear tennis shoes and bring a racquet and water bottle

18yrs & up:	April 16 – May 21, Saturday	
Beginner:	9-10am	212605.S1
Fee:	\$50 resident/\$62.50 non-resident	
Advanced Beg:	10-11:30am	212615.S1
Fee:	\$65 resident/\$81.25 non-resident	
Location:	Quail Campus Tennis Courts, 310 Quail Rd	

Senior Pickleball

Check out this fun, unique game best described as a hybrid of tennis and badminton. Join other active seniors on two courts up to four times per week. Admission fees apply.

55+:	Monday-Thursday, 2-4pm; Sunday, 1-3pm
Location:	Longmont Recreation Center

Adult Sports Leagues

Sign-up as a free agent! Free agents are individuals who don't have a team, but want to play in an adult sports league. Free agents will be combined to form a team(s).

Winter & Spring Basketball

League offered in Men's Recreational and Leisure. Winter registration: Nov 2 – Jan 10; Spring registration: Mar 7-Apr 10 at the Longmont Recreation Center or on-line. Registration packets are available at Recreation facilities or on-line. Winter league plays 10 games; spring league plays 8 games. Two payment options adds \$10 to league pricing.



18 & Up:

Wednesday Recreation League

Winter Dates/Fee:	Jan 13-Mar 23	\$470
Spring Dates/Fee:	April 13- Jun 9	\$400
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	

Thursday Leisure League

Winter Dates/Fee:	Jan 14-Mar 24	\$470
Spring Dates/Fee:	April 14- Jun 10	\$400
Location:	Longmont Recreation Center, 310 Quail Rd	
Winter Free Agent:	\$60 res/\$70 non-res	112311.00
Spring Free Agent:	\$50 res/\$62.50 non-res	212311.00

New! Adult Coed Volleyball league

Adult indoor Coed Volleyball 6v6 Leagues. Sign your team up for the upcoming winter and spring leagues – upper and lower divisions offered. Winter registration is Dec 15-Jan 11; spring registration is Feb 15-Mar 14. Registrations accepted at the Longmont Recreation Center or online. Teams will play a positioning game to determine appropriate placement in upper or lower divisions. Two-payment option adds \$10 to league pricing. Looking for a team? Join us for Free Agent night, winter league January 15; Spring league March 11.

16 & Up: Longmont Recreation Center, 310 Quail Rd

Winter league:

Jan 22- Mar 4, Fridays (positioning night Jan 15)

Spring league:

Mar 18-May 6, Fridays (positioning night Mar 11)

Team fee:	\$230
Winter Free Agent:	\$28 res/ \$35 non-res
Spring Free Agent:	\$28 res/ \$35 non-res



Spring & Summer Adult Softball

Men's Women's and Coed leagues are offered. Register at the Longmont Recreation Center or on-line. Registration packets available at Recreation Facilities or on-line. Spring registration is Feb 8-Mar 6; summer registration is Mar 21-May 1. Spring leagues play 6 games and summer leagues play 12 games. Leagues are offered Monday through Friday nights. Two-payment option adds \$10 to league pricing.

16 & Up:	Garden Acres Ball Fields, 2058 Spencer St	
Spring Dates/Fees:	Mar14-Apr 22	\$350
Summer Dates/Fees:	May 9-Aug 12	\$650
Spring Free Agent:	\$36 res/\$45 non-res	212323.00
Summer Free Agent:	\$60 res/\$75 non-res	312323.00

Senior Softball League

This Colorado Senior Softball Association League team plays games April through mid-August throughout the Denver metro area on Monday and Wednesday mornings. If you have questions or would like to participate, please attend the pre-season meeting or call Kari for more information at 303-651-8495.

50 years+:	Garden Acres Ball fields, 2058 Spencer St
Fee:	\$45-\$55 resident/54-\$66 non-resident
Pre-season meeting:	Mar 7, Mon, 9am, Senior Center, 910 Longs Peak Ave